

*Greetings to Everyone!
March has arrived and
we're looking forward
to Spring and new
beginnings. Keep an eye
out for exciting news from
GHPN!!*

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Bruce Lee on the PHA System by Bob Gajda, RKT

One of Lee's favorite strength training and bodybuilding magazines was Ironman, which during Lee's heyday was owned by Peary and Mabel Rader. The Raders were constantly featuring cutting-edge training information and shied away from the commercial hype that prevailed among competing publications. Lee became more and more interested in researching the effects of a then radically new weight training system he had read about in Ironman: Peripheral Heart Action.

Following is an excerpt from Bruce Lee's book, *The Art of Expressing the Human Body*:

The PHA system had been set up to diametrically oppose the more popular flushing or pumping systems of that time. In the late 1960's, the leading exponent of the PHA system was a young bodybuilder named Bob Gajda, who explained through a series of articles in Ironman that PHA placed its main emphasis on "continuous circulation of the blood." From Gajda's writings, Lee reasoned that if he could keep his circulation at elevated levels throughout the course of his workout, it would tremendously benefit his muscle strength, endurance, and, if the exercises were performed over a full range of motion, flexibility - in other words, the three pillars of total fitness.

The thrust of Gajda's article was that one should not congest the blood in one area or one muscle group throughout the course of a workout, but rather keep it moving in and out of several muscle groups at all times during the workout. Exercise systems like PHA were actually forerunners of what is now commonly called circuit training.

As explained by Bob Gajda: *If you, for instance, performed two or more sets of curls in succession, you would be doing the pump or flushing system. On the sequence system, you would do a set of curls, then perhaps go to a set of calf raises or abdominal work or back work. In other words, do not exercise*

the same muscle two sets in succession. Do not even use what is called the supersets in which you alternated between the biceps and the triceps for several sets. This will bring about a congestion of the whole arm. Go to some other body part. Then onto another body part. The object being that in the PHA system, the exercises are spread over the entire body.

In the PHA system there is tremendous muscle stimulation and uninterrupted blood flow over the entire body, because the entire body is exercised during each workout. And because there is no rest between exercises, the accelerated flow of blood is maintained, and thus you can delay the onset of fatigue for extended periods of time.



Bob Gajda's PHA Program is available, long onto www.gajdahealthplus.com for further information.

Words of Wisdom by Mary Lou Gajda

*"At The Heart Of All that Happens-
Is The Hand Of All That Is."*

- Buddha

March Reading Recommendations:

"Healing Hearts"

A heart surgeon's passion for the ever-beating heart in our chest.

by Kathy Magliato, MD

"Lonely"

Delves into mind of a very personal place.

by Emily White

"Digital Fortress"
The ultimate code - dangerous and unbreakable.
by Dan Brown



Postural Disease by John Stelnicki, Physical Therapist

Faulty posture is the cause for many therapy cases we see. We know that with improved postural strength, endurance and proper foot support as with shoe orthotics, these problems go away.

It takes a lot of hard work to improve the postural system. You must know and do the correct exercises. You have to be ever-vigilant throughout the day with good posture. Sound body mechanics are essential.

Gravity is constantly acting on our bodies to throw off correct posture. Are you going to let gravity win?

We work with all our clients to improve posture, promote awareness, strengthen the core, back and scapular muscles, head and neck position. Start today, start now. Let's all work together to stamp our postural "disease" and promote postural "ease."



The Polar Plunge, from a Spectator's Point of View **by Susie Lawrence**

I was reading the newspaper and there it was! It caught my eye!

**"10th Annual Polar Plunge at North Avenue Beach
Sunday morning. 1st group enters water
at 9:30am. \$100 donation suggested."**

I've always been intrigued by the Polar Plunge. I always assumed it took place on New Year's Day. And what's with the \$100 donation? To jump in icy cold water? So, Sunday morning John and I set off to North Avenue Beach with his two daughters, Loretta Paige and Abbie in tow to witness a bunch of goofy people jump in freezing cold Lake Michigan.

I envisioned a wide open beach with maybe 100 or so plungers in their swimsuits running in and out very quickly. We arrived at the lakefront around 9:40am, sure we were going to miss all the excitement. After all, how many people really do this?

Well, how about 2,000!! It was unbelievable! It was a huge event with hundreds of spectators lining the beach. And it was a party!!

There was a long aisle in the sand extending from the boat-shaped beach house down to the lake. A sort of Red Carpet for the plungers, if you will. And forget your basic swim trunks - there were Cavemen; Vikings; St. Paulie Girls (and guys); fully dressed older men and women in their "Sunday-Go-To-Meetin" clothes and hats; a Woolly Mammoth; a Hooter's guy (yes, guy); a rotund gentleman with a shower curtain, rod and all, rigged up around him; and I cannot get the vision of the guy in a dress with high heels and pigtails out of my mind. It was Halloween in March! And they just kept coming and coming.

The crowd cheered as each group ran down the sand, high-fiving everyone as they ran toward their watery target. A pair of cows ran by me, one shrieking "My utters are shrinking!"

Some plunged all the way under while others ran in and right out. "It doesn't count if you don't go all the way under!" I shouted. The woman standing next to me chimed in "As spoken by a spectator." Yes, these people were brave and I should probably keep my mouth shut.

The great part about it all, is that the money goes to benefit Special Olympics Chicago. Sunday morning was nice to begin with, the temperatures in the upper 40's, the sun shining. It just made it all the warmer knowing that these people were all plunging their bodies into the 34° water for such a great cause.



A little side note: John and I actually did the Polar Plunge on New Year's Day this year.

Just because we were in Grand Cayman and the water was 84°, it still counts, right?

(For more info on the Chicago Polar Plunge and the Chicago Special Olympics, log onto www.chicagopolarplunge.org)

Top 7 Foods That Slow Your Aging Process by Dr. Mercola

Healthy foods not only provide you with life-giving nutrients and fuel for all organs in your body, they also help you keep an ideal weight. And maintaining an optimum weight can add years of healthy vitality to your life. Here are 7 Superfoods that will keep you young.

1.) Whey Protein - Whey has been shown to increase your body's stores of the antioxidant glutathione, or GSH. GSH is known to increase the integrity of telomeres. Telomeres are bundles of DNA found in every cell, and they shorten with age. Researchers suspect telomeres shorten due to damage by

free radicals. Free radicals play a role in DNA mutations, and there is evidence that mutations in your telomeres can cause larger chunks than normal to be lost during cell division. Low levels of GSH are always found in people with diseases like cancer and AIDS. Further, as glutathione levels drop, these patient get sicker.

2.) **Raw, Organic Eggs** - A single egg contains nine essential amino acids; six grams of the highest quality protein you can put in your body; lutein and zeaxanthin for your eyes; choline for your brain, nervous and cardiovascular systems and vitamin D.

3.) **Leafy Greens** - Leafy greens such as spinach, kale, turnip greens, romaine lettuce and collard greens are great sources of lutein and zeaxanthin. Studies have shown eating foods rich in these antioxidants can significantly reduce your risk of age-related macular degeneration, non-Hodgkin's lymphoma and also contain cancer-fighting antioxidants.

4.) **Broccoli** - Broccoli is a cruciferous vegetable which contains the highest amount of isothiocyanates, a cancer-fighting compound, of all the vegetables.

5.) **Blueberries** - They are full of antioxidants which help your body neutralize free radicals, molecules that can harm brain cells and brain function.

6.) **Chlorella** - It is a single-celled fresh water algae plant which can boost your immune system; improve your digestion; enhance your ability to focus and concentrate; increase your energy levels; balance your body's pH; normalize your blood sugar and blood pressure; reduce your cancer risk and even freshen your breath. Most importantly it has the ability to help rid your body of heavy metal toxins.

7.) **Garlic** - The component of garlic, allicin, is an extremely effective antioxidant. As it digests in your body it produces sulfenic acid, a compound that reacts faster with dangerous free radicals than any other known compound. It is also a triple threat against infections due to its antibacterial, antiviral and antifungal properties. Garlic helps relax and enlarge the blood vessels in your body, improving blood flow, especially to your heart.



For more details, please log onto:

<http://articles.mercola.com/sites/articles/archive/2010/02/27/top-7-foods-that-slow-your-aging.aspx>

Evan Lysacek Gets The Gold!!

(Excerpts taken from Paul LaTour for the Sun-Media Times)

When Dr. Robert Weil first met Evan Lysacek, he had no idea he was looking at a future Olympian, let alone a possible gold medalist. After all, Evan wasn't even a teenager yet. Dr. Weil was conducting foot screenings at a ice rink when he was introduced to the promising young skater from Naperville.

"He was always a terrific kid" said Weil, who has a monthly column in The Sun. "But I never realized the competitor he is. He's the best in the world. Wow! Nobody has his persona on the ice. He's a fantastic athlete."

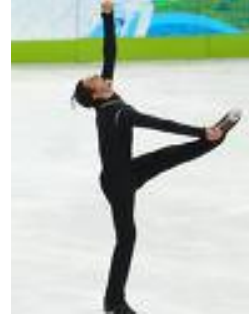
Lysacek went on to prove that claim winning the Olympic Gold in men's figure skating.

Thirteen years later, Dr. Weil is still helping Lysacek with his feet. Lysacek had suffered an ankle injury on his left leg that troubled him for a long time. The foot was still bothering him in late May of last year when he came to Rockford for an ice show. Dr. Weil was there too, and took a look for himself and changed his orthotics.

Becoming a champion in anything is a huge gamble. Stories abound of overaggressive parents pushing their young children in sports. Weil has seen it happen and often brings it up as a topic on his weekly Sports Doctor Radio Show on WDCB 90.9 FM.

Evan came on the show last July and explained what it takes to reach such a high level of competition without burning out.

"For the family, sacrifice and dedication are prerequisites for elite sports. Lysacek said on the show. "It's a difficult decision to make...from a recreational to an elite sport level. I guess my feeling has always been it has to come from the athlete."



To read the article by Paul LaTour, log onto Dr. Weil's website at:
www.sportsdoctorradio.com and click on Newspaper Articles.

National Fitness Hall of Fame

Gajda Health Plus is proud to announce the 2010 inductees of the National Fitness Hall of Fame:

Bill Pearl - Bodybuilding Legend
Fred Schutz - Weightlifting's Mr. Nice Guy
Esther Gutierrez-Sloan - SALSAratics Creator
Melissa Orth - Exercise Physiologist
and many others!!!

The event will be held this year at the Medinah Country Club on Sunday, March 14th. Seats are still available. For more info and to purchase tickets online, log onto:

www.nationalfitnessmuseum.com



The Benefits of Pilates-Based Rehabilitation by Diane Baker, Certified Pilates Instructor

*"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."
- Joseph Hubertus Pilates, in 1965, age 86.*

Pilates is an exercise program designed to strengthen and balance the body without adding bulk or stressing the joints. Pilates is becoming a common way to exercise. It is a technique that focuses on core strengthening, balance and flexibility.

The benefits of Pilates-based rehabilitation:

- 1.) Improved posture
- 2.) Low impact - easy on joints
- 3.) Enhanced functional fitness, ease of everyday movement
- 4.) Improved balance, coordination and circulation
- 5.) Improved strength and flexibility
- 6.) Heightened body awareness
- 7.) Increased core strength and stability

One of the best things about pilates exercise is that it can be adjusted to fit the needs and interests of all kinds of people. Pilates is appreciated by elite athletes, seniors and everyone in between.

Diane's studio is located in our Bannockburn location. For more info, contact Diane at dianebaker@comcast.net



The Role of Massage in the Aging Process by Allen Walker, Massage Therapist

As we all get older, massage maintenance becomes even more important due to its positive influence on tissue, bone and joints of the body.

Muscle tissue can become less elastic over time and then become more hardened. Myofascial therapy helps to soften hardened tissue allowing you to have fewer muscle cramps.

When bones become more brittle you may experience breakages. All forms of massage help stimulate bone tissue re-growth bringing with it new, stronger bone substance.

If arthritis has ever affected your joints, you know it can be very uncomfortable and limit your activity. Massage can make the situation more comfortable and tolerable while also preventing future symptoms.

If you have any questions, please feel free to call Allen at the Gajda office.



Proform Body Contouring

New Year. New Body. A New You!

Get the smooth silhouette you want in 2010 with revitalizing Endermologie. The world's 1st non-invasive FDA approved treatment for cellulite and body circumference reduction now at College Park Athletic Club

Limited time offer - 50% off your first treatment!
(Offer expires 2/28/10)

www.proformbodycontouring.com

2223 Half Day Road
Deerfield, IL, 60015
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MAY THE LUCK O' THE IRISH BE WITH YOU ALL!



**As always, we'd all like to thank you for your
continued trust in us.**

The Gajda Health Plus Family